



An Independent Licensee of the Blue Cross and Blue Shield Association

HMSA
Akamai Advantage®

Silver&Fit® Programa



Agsapsapul ka kadi iti baro a lugar a pag-ehersisioam?

Iti daytoy a Silver&Fit programa, mabalinka a makipartisipar kadagiti adu a network ti fitness center nga addaan bassit a bayad wenco libre.

Adtoy ti impormasion no kasano a makipartisipar.

Addang 1: Agrehistro idia silverandfit.com.

Addang 2: Pilien dagiti kayatmo a fitness center:

- Ag-ehersisio kadagiti fitness center nga adda iti ayan ti Silver&Fit Standard Fitness Network nga awan bayadna.
- Wenco, mapan kadagiti lugar ti Premium Fitness Network, nga addaan kadagiti fitness center, studio, ken naidumduma a kapadasan ti panag-ehersisio, ngem adda bayadna.*

Daytoy a listaan ket napabaro idi Enero 2024.

Tapno makita dagiti kabaroanan nga impormasion, bisitaen ti silverandfit.com wenco awagan ti 1 (888) 354-4934 Lunes agingga Biyernes, 8 a.m. agingga 5 p.m. TTY users, awag 711.

Saanmo kayat a mapan iti fitness center?

Saan a problema! No kayatmo nga ag-ehersisio iti ayan ti balaymo, mabalinmo a mangpili ti maysa a Home Fitness Kit kada tawen.

*Agduduma ti bayad base iti Premium a lokasion. Agbasar idia fitness center search idia Silver&Fit website.

Silver&Fit Dagiti lokasion

HONOLULU	CIUDAD	NETWORK
24 Hour Fitness – Club 496 – Super Sport	Pearl City	Standard
24 Hour Fitness – Club 540 – Super Sport	Honolulu	Standard
24 Hour Fitness – Club 548 – Super Sport	Mililani	Standard
24 Hour Fitness – Club 555 – Active	Honolulu	Standard
24 Hour Fitness – Club 559 – Active	Kaneohe	Standard
24 Hour Fitness – Club 593 – Active	Honolulu	Standard
24 Hour Fitness – Club 963 – Super Sport	Kapolei	Standard
Alaka'i CrossFit	Kapolei	Premium
Anytime Fitness – Aiea – Club 4562	Aiea	Standard
Anytime Fitness – Honolulu – Club 3933	Honolulu	Standard
Big Blue Fitness Hawaii	Honolulu	Premium
Breathe Yoga + Barre	Kaneohe	Premium
Club Pilates – Honolulu	Honolulu	Premium
CrossFit Ko'Olau	Kahuku	Premium
CrossFit Waipio	Waipahu	Premium
CrossFit West Oahu	Kapolei	Premium
Egan's Fitness – Honolulu	Honolulu	Premium
Fit For a Goddess	Honolulu	Premium
Fitness HI	Honolulu	Premium
Freak Show Fitness	Waianae	Premium
Good Vibes Gym	Kaneohe	Premium
Holy Yoga Hawaii	Honolulu	Premium
Honolulu Fitness Center	Honolulu	Premium
Hot Yoga Kapolei	Kapolei	Premium
Hot Yoga North Shore	Waialua	Premium
Hot Yoga Waikiki	Honolulu	Premium
HYPE – Hot Yoga Pilates Evolution	Ewa Beach	Premium
Kailua Core Fitness	Kailua	Premium
Kalihi YMCA	Honolulu	Standard

Silver&Fit Dagiti lokasion

HONOLULU (intuloyna)	CIUDAD	NETWORK
Ko'olau Movement Studio	Kahuku	Premium
Lifestyle Innovation Fitness Training	Honolulu	Premium
Nu'uanu YMCA	Honolulu	Standard
NuFitness Lifestyle	Kailua	Premium
OLA Fitness	Honolulu	Premium
Planet Fitness – Ala Moana	Honolulu	Standard
Planet Fitness – Kahala	Honolulu	Standard
Planet Fitness – Waianae	Waianae	Standard
Powerhouse Gym Aiea	Aiea	Standard
Pure Barre – Honolulu - Kahala	Honolulu	Premium
Quality Health and Fitness	Honolulu	Premium
Sun Yoga Hawaii	Honolulu	Premium
UFC Gym – Honolulu	Honolulu	Premium
UFC Gym – Kailua	Kailua	Premium
UFC Gym – Mililani	Mililani	Premium
UFC Gym – Waikiki	Waipahu	Premium
United MMA Hawaii	Waipahu	Premium
Windward Oahu YMCA	Kailua	Standard
Yb YOGA BAR	Kapolei	Premium
YMCA Kaimuki – Waialae Branch	Honolulu	Standard
YMCA Millani – West Oahu Branch	Mililani	Standard
YMCA of Honolulu – Leeward Branch	Waipahu	Standard
Yoga & Art By SheBrews Aloha	Honolulu	Premium
Yoga Healing Hawaii	Honolulu	Standard
Yoga Love Mana – Honolulu	Honolulu	Premium
Yoga Love Mana – Queens Beach Waikiki	Honolulu	Premium
Yoga Under the Palms	Kailua	Premium
Yoga4Ewa	Ewa Beach	Premium
YWCA Laniakea	Honolulu	Standard

Silver&Fit Dagiti lokasion

ISLA TI HAWAII	CIUDAD	NETWORK
Aintoa Fitness	Hilo	Standard
Aloha Fitness Club	Hilo	Standard
Club Rehab Mauka Clinic	Kealakekua	Standard
CrossFit AllStar	Kamuela	Premium
CrossFit Kona	Kailua Kona	Premium
CrossFit Pohaku Strength & Conditioning	Kailua Kona	Premium
Fit By Whitt	Keaau	Standard
Fitness Forever	Kailua Kona	Premium
Fitness Forever – Puna	Pahoa	Premium
Fitness Forever – Waikoloa	Waikoloa	Premium
Five Mountain Fitness	Kamuela	Premium
Hawaii Aerial and Performing Arts – Waikoloa Village	Waikoloa	Premium
Hawaii Aerial and Performing Arts – Waimea	Kamuela	Premium
Hui Malama Ola Na 'Oawi	Hilo	Premium
Ikaikamauloa Youth Foundation	Kailua Kona	Standard
Kaeo Athletics	Kailua Kona	Premium
Kuleana Wellness Club	Kamuela	Premium
Lift and Burn	Hilo	Premium
Pacific Island Fitness	Kailua Kona	Standard
Planet Fitness – Kona	Kailua Kona	Standard
Pole HI	Hilo	Premium
Spencer Health & Fitness Center	Hilo	Standard
Spin Luv Play	Kailua Kona	Premium
The Brave Fitness	Hilo	Standard
Transformations Personal Training Studio	Hilo	Premium
UFC Gym – Hilo	Hilo	Premium
YMCA – The Island of Hawaii	Hilo	Standard
Yoga Centered	Hilo	Premium

Silver&Fit Dagiti lokasion

MAUI	CIUDAD	NETWORK
All Kine Crossfit	Wailuku	Premium
Aloha Crossfit – La'a Street	Kahului	Premium
Aloha Kihei CrossFit – Huku Lii Place	Kihei	Premium
Fluid Motion Maui	Kihei	Standard
Maui CrossFit Extreme	Wailuku	Premium
Maui Powerhouse Gym	Kihei	Standard
Planet Fitness – Kahului	Kahului	Standard
South Maui Fitness	Kihei	Standard
Valley Isle Fitness – Kihei	Kihei	Standard
Wisdom Flow Yoga	Makawao	Premium

Silver&Fit Dagiti lokasion

KAUAI	CIUDAD	NETWORK
Barre Up Fitness	Koloa	Premium
Bikram Yoga – Kauai (Limited 10 Class Package)	Kapaa	Premium
Kauai Athletic Club – Kapaa	Kapaa	Standard
Kauai Athletic Club – Lihue	Lihue	Standard
Kauai Yoga on the Beach	Kapaa	Premium

HMSA Akamai Advantage® ket maysa a PPO a plano nga addaan ti Medicare kontrata. Ti panagpalista ket HMSA Akamai Advantage nakadepende idiy pannakapabaro ti kontrata.

Ti Silver&Fit programa ket inpaay ti American Specialty Health Fitness, Inc., maysa a sangay ti American Specialty Health (ASH). ASH ket maysa nga independiente nga espesyal nga organisasion ti salun-at, mangidiaya kadagiti network ken programa ti salun-at ti muscuskeletal, dagiti network ken programa dagiti fitness center, ken dagiti solusion a pagsayaatan nga idiaya ti HMSA. Saan nga amin a programa ken serbisio ket sidadaan iti amin a lugar. Silver&Fit ken ti Silver&Fit logo ket federal a naerehistro dagitoy a trademark ti ASH. Dagiti saan a kasali a serbisio idiy fitness center nga addaan bayadna ket saan a parte ti Silver&Fit programa. Dagiti kit ket mabalin agbaliw. Ti pannakipartisipar iti ayan ti fitness center ket mabalin nga agsaba-sabali iti lokasion ken mabalin nga agbaliw.

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Form Approved

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Multi-language Interpreter Services

English: We have free interpreter services to answer any questions you may have about our health or drug plan. To get an interpreter, just call us at 1 (800) 660-4672 (TTY: 711). Someone who speaks English can help you. This is a free service.

Spanish: Tenemos servicios de intérprete sin costo alguno para responder cualquier pregunta que pueda tener sobre nuestro plan de salud o medicamentos. Para hablar con un intérprete, por favor llame al 1 (800) 660-4672 (TTY: 711). Alguien que hable español le podrá ayudar. Este es un servicio gratuito.

Chinese Mandarin: 我们提供免费的翻译服务，帮助您解答关于健康或药物保险的任何疑问。如果您需要此翻译服务，请致电 1 (800) 660-4672 (TTY: 711)。我们的中文工作人员很乐意帮助您。这是一项免费服务。

Chinese Cantonese: 您對我們的健康或藥物保險可能存有疑問，為此我們提供免費的翻譯服務。如需翻譯服務，請致電 1 (800) 660-4672 (TTY: 711)。我們講中文的人員將樂意為您提供幫助。這是一項免費服務。

Tagalog: Mayroon kaming libreng serbisyo sa pagsasaling-wika upang masagot ang anumang mga katanungan ninyo hinggil sa aming planong pangkalusugan o panggamot. Upang makakuha ng tagasaling-wika, tawagan lamang kami sa 1 (800) 660-4672 (TTY: 711). Maaari kayong tulungan ng isang nakakapagsalita ng Tagalog. Ito ay libreng serbisyo.

French: Nous proposons des services gratuits d'interprétation pour répondre à toutes vos questions relatives à notre régime de santé ou d'assurance-médicaments. Pour accéder au service d'interprétation, il vous suffit de nous appeler au 1 (800) 660-4672 (TTY: 711). Un interlocuteur parlant Français pourra vous aider. Ce service est gratuit.

Vietnamese: Chúng tôi có dịch vụ thông dịch miễn phí để trả lời các câu hỏi về chương sức khỏe và chương trình thuốc men. Nếu quý vị cần thông dịch viên xin gọi 1 (800) 660-4672 (TTY: 711) sẽ có nhân viên nói tiếng Việt giúp đỡ quý vị. Đây là dịch vụ miễn phí.

German: Unser kostenloser Dolmetscherservice beantwortet Ihren Fragen zu unserem Gesundheits- und Arzneimittelplan. Unsere Dolmetscher erreichen Sie unter 1 (800) 660-4672 (TTY: 711). Man wird Ihnen dort auf Deutsch weiterhelfen. Dieser Service ist kostenlos.

Korean: 당사는 의료 보험 또는 약품 보험에 관한 질문에 답해 드리고자 무료 통역 서비스를 제공하고 있습니다. 통역 서비스를 이용하려면 전화 1 (800) 660-4672 (TTY: 711)번으로 문의해 주십시오. 한국어를 하는 담당자가 도와 드릴 것입니다. 이 서비스는 무료로 운영됩니다.

Russian: Если у вас возникнут вопросы относительно страхового или медикаментного плана, вы можете воспользоваться нашими бесплатными услугами переводчиков. Чтобы воспользоваться услугами переводчика, позвоните нам по телефону 1 (800) 660-4672 (TTY: 711). Вам окажет помощь сотрудник, который говорит по-русски. Данная услуга бесплатная.

Arabic: وَأَوْحَصَ لَابْ قَلْعَتَتْ قَلْيَسْ أَيْ نَعْ قَبَاجِ إِلَّلْ قَيْنَاجِمَالْ يَرُوفَلَا مَجْرَتِمَالْ اَتَامِدَخْ مَدْقَنْ انَنْ إِيلَعْ اَنْبَ لَاصَتَالَا إِيوُسْ كَيِلَعْ سِيِلْ، يَرُوفَ مَجْرَتِمَالْ إِيلَعْ لَوْصَحِلَلْ. اَنِي دَلْ قَيْوَدَالَا لَوْدَجْ 1 (800) 660-4672 (TTY: 711). كَتَدْعَ اَسْمَبْ قَيْبَرْعَلَا ثَدَحَتِي اَمْ صَخَشْ مَوْقِيِسْ. مَدَخْ هَذَهْ. كَتَدْعَ اَسْمَبْ قَيْبَرْعَلَا ثَدَحَتِي اَمْ صَخَشْ مَوْقِيِسْ. قَيْنَاجِمَالْ.

Hindi: हमारे स्वास्थ्य या दवा की योजना के बारे में आपके कसी भी प्रश्न के जवाब देने के लिए हमारे पास मुफ्त दुभाषणि सेवाएँ उपलब्ध हैं। एक दुभाषणि परापत करने के लिए, बस हमें 1 (800) 660-4672 (TTY: 711) पर फोन करें। कोई व्यक्तिजीव हनिदी बोलता है आपकी मदद कर सकता है। यह एक मुफ्त सेवा है।

Italian: È disponibile un servizio di interpretariato gratuito per rispondere a eventuali domande sul nostro piano sanitario e farmaceutico. Per un interprete, contattare il numero 1 (800) 660-4672 (TTY: 711). Un nostro incaricato che parla Italiano fornirà l'assistenza necessaria. È un servizio gratuito.

Portugués: Dispomos de serviços de interpretação gratuitos para responder a qualquer questão que tenha acerca do nosso plano de saúde ou de medicação. Para obter um intérprete, contacte-nos através do número 1 (800) 660-4672 (TTY: 711). Irá encontrar alguém que fale o idioma Português para o ajudar. Este serviço é gratuito.

French Creole: Nou genyen sèvis entèprèt gratis pou reponn tout kesyon ou ta genyen konsènan plan medikal oswa dwòg nou an. Pou jwenn yon entèprèt, jis rele nou nan 1 (800) 660-4672 (TTY: 711). Yon moun ki pale Kreyòl kapab ede w. Sa a se yon sèvis ki gratis.

Polish: Umożliwiamy bezpłatne skorzystanie z usług tłumacza ustnego, który pomoże w uzyskaniu odpowiedzi na temat planu zdrowotnego lub dawkowania leków. Aby skorzystać z pomocy tłumacza znajdującego język polski, należy zadzwonić pod numer 1 (800) 660-4672 (TTY: 711). Ta usługa jest bezpłatna.

Japanese: 当社の健康健康保険と薬品処方薬プランに関するご質問にお答えするために、無料の通訳サービスがありますございます。通訳をご用命になるには、1 (800) 660-4672 (TTY: 711) にお電話ください。日本語を話す人者が支援いたします。これは無料のサービスです。